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CANNING TIME AGAIN

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A radio conversation between Miss Ruth Van Deman, Bureau of Home Economics, and Mr. Wallace Kadderly, Office of Information, broadcast Tuesday, May 14, 1940, in the Department of Agriculture period of the National Farm and Home Hour, by the National Broadcasting Company and a network of 92 associate radio stations.

--ooOoo--

WALLACE KADDERLY:

Yes, here we are in Washington. And today we have news from South as well as North America.

Senor Elgueda, who represents the Republic of Chile, at the Eighth American Scientific Congress, meeting here in Washington this week, is going to tell you in a few minutes about soil erosion in his part of South America.

But before we call on Senor Elgueda, we'll hear from Ruth Van Deman, with her regular Tuesday message for homemakers in North America.

RUTH VAN DEMAN:

If I were only fluent in Spanish and Portugese, I'd be happy to include the homemakers of South America. I imagine they're interested in canning some of their fruits and vegetables to use in seasons when fresh supplies are scarce.

And before we get into the home canning questions, I just want to say a word about the nutrition work the Government of Chile is doing. I understand they have people's restaurants financed by the Government where working men and women with very little money to spend can get good nourishing food at low cost.

KADDERLY:

Yes, I heard too about that nutrition work in South America.....from Dr. Hazel Stiebeling, after she came back from the nutrition conference in Buenos Aires last fall.

VAN DEMAN:

But to get on with our canning job here at home Wallace, here's a letter from an Indiana homemaker. It tells such a grand story, I know you'll want to read it.

KADDERLY:

Now?

VAN DEMAN:

Yes, aloud if you don't mind. I think this will inspire every home canner.

KADDERLY:

"My dear Miss Van Deman: I often wish that I might take you in my basement and show you my wonderful array of canned vegetables and fruits. We grow all our

own vegetables and never a thing goes to waste. Just today I opened a can of beets (not pickles) which I canned in the pressure cooker way. They are just^{as} beautiful and as dark a red as the day I canned them.

"We live in the city but own an acre of ground about a mile out. We raise enough vegetables and sell enough of strawberries, raspberries, and vegetables to pay for the plowing and seeds."

That is a nice letter, Ruth.

VAN DEMAN:

One thing that interests me is the good results she had with the beets in the pressure canner.

KADDERLY:

Is that unusual?

VAN DEMAN:

Only that beets are one of the non-acid vegetables that often give trouble. They shouldn't be attempted without a pressure canner. And even with the pressure canner we don't recommend trying any but the very young, tender baby beets.

KADDERLY:

Roots about the size of a silver dollar?

VAN DEMAN:

A half dollar would be better. The larger beets are all right to pickle. The vinegar helps to keep them. And late fall beets are better stored as beets in a vegetable cellar.

We get lots of questions too, about beets and red berries and cherries fading and losing the pretty red color when they're canned.

KADDERLY:

That happens when they're canned in tin, doesn't it?

VAN DEMAN:

Plain tin, only. Not if you use the Sanitary, or R enameled tin cans. They have a special finish that prevents the tin from acting on the red pigments in the beets and red-colored fruits, and making them fade.

KADDERLY:

I remember now. Sanitary enamel tin cans are the ones that look as though they were gold plated inside.

VAN DEMAN:

But you don't have to pay a gold plate price for them.

KADDERLY:

They don't cost much if any more than plain tin, do they?

VAN DEMAN:

Not much. And there's another kind, called C enamel, with a lighter gold-colored lining. It's especially for canning corn and succotash. And it's sometimes used with lima beans, and other beans that are shelled from the pod.

KADDERLY:

That include soybeans?

VAN DEMAN:

Yes, particularly the green ones, grown as a garden vegetable. They can be canned like fresh limas, or green peas, only they need longer processing. The soybeans have a firmer texture and much more oil.

KADDERLY:

You tell all about that in your leaflet on soybeans, I know, because I happened to be looking at a copy just this morning.

VAN DEMAN:

Checking up on us?

KADDERLY:

Not exactly that. It's just that soybeans are very much in the news these days ... not only as a forage crop, but as a garden vegetable.

VAN DEMAN:

Yes, I'm very glad you brought them into this conversation about home canning. They do offer great possibilities as a new vegetable for the table canned as well as fresh.

And I'd like to say again, just for emphasis, that we don't advise any one to can soybeans, or any other kind of beans, or any non-acid vegetables unless they can be processed under steam pressure.

KADDERLY:

You're making that the No. 1 plank in your 1940 canning platform?

VAN DEMAN:

1940 and for as many years back as I can remember. The Bureau of Home Economics has been standing on that plank ever since it was organized.

KADDERLY:

Your research then shows that the steam pressure method is the only safe and economical way to can vegetables and meats.

VAN DEMAN:

Yes, the record's very plain. We find that unless you can process non-acid vegetables and meats under steam pressure, at temperatures higher than the boiling point, you run the risk of losing a good share by spoilage. And moreover the bacteria that cause spoilage in non-acid foods are often of a kind that form a poison very dangerous to the human body, if some of the spoiled canned food is eaten by mistake.

KADDERLY:

But that isn't the case with the fruits and tomatoes.

VAN DEMAN:

No, they're acid. They're juicy. They're easy to process in a boiling water bath In either case though you have to follow a reliable time and temperature table.

KADDERLY:

Like the one in the canning bulletin from the Bureau of Home Economics.

VAN DEMAN:

The people in our laboratories certainly try to make that a perfect guide. They're constantly checking and rechecking the times and the temperatures for the different foods.

KADDERLY:

Well, Ruth, I know a great many home canners are going to be grateful to you for these words of caution here at the start of the canning season.

VAN DEMAN:

We've only touched a few points.

KADDERLY:

We can't expect you to put a 40-page bulletin on the air in a few minutes.

VAN DEMAN:

I'm glad of that. And of course when it comes down to putting up a certain food, everybody needs definite directions and a time table right in the kitchen for constant reference.

KADDERLY:

How's the supply of the canning bulletin holding out?

VAN DEMAN:

Plenty on hand to last all summer, at least we hope.

KADDERLY:

Well, Farm and Home friends (ad lib offer of home canning bulletin, "Home Canning of Fruits Vegetables and Meats", and the soybean leaflet, "Soybeans for the Table."

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